

# URI SNAP-ED NUTRITION NEWSLETTER



## WASTE LESS, SPEND LESS

Do you find yourself throwing out food that is hidden in the back of the fridge? Wasting food means wasting money! Here are some environment-friendly tips on how to waste less and spend less.



Make sure to visit [uri.edu/snaped](http://uri.edu/snaped) or follow us on social media for more family-friendly recipes and nutrition information!



## Food Recovery Tips

**Check your pantry** and make a grocery list to avoid buying food you already have at home.



**Cook a stir fry or soup** with vegetables before they go bad.

**Be mindful** of the foods that often go to waste in your household and try to buy them less often.



**Purchase a value pack** of meat, chicken, or fish when on sale. Use the protein for more than one meal during the week and freeze the rest.

**Experiment with new food** on a small scale by purchasing the smallest package size in case you do not like it.



## Technology Spotlight:

**URI SNAP-Ed Website:**  
[uri.edu/SnapEd](http://uri.edu/SnapEd)

**CELERY**

**HOW DOES IT TASTE?**  
Celery has a very crunchy texture and a slightly sweet and earthy taste.

**HOW DO I PICK IT?**  
Find straight celery stalks that are firm and not wilted. Look for a green color, with no browning or spotting. Celery is best in season from late summer to early fall but is available year-round.

**HOW DO I STORE IT?**  
Cut off the leaves and pry the stalks apart, then store in a plastic bag in the refrigerator for up to 2 weeks.

**HOW DO I PREPARE IT?**

1. Cut off the base and the leaves on top. Leaves can be saved to put in soup or can be discarded.
2. Rinse celery stalks to remove dirt.
3. Slice or chop according to your recipe.

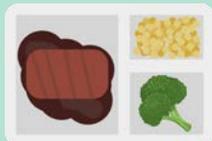
Cut the stalk into pieces and eat it **raw**, or **boil** celery in a **soup or stock**.

## Our Website...

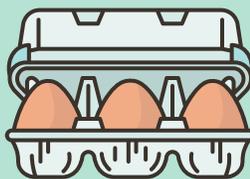
- has a long list of low-cost and easy to make recipes!
- allows you to type in the name of an ingredient and gives you a list of recipes with that ingredient.
- offers veggie prep handouts with descriptions, storage tips, and preparation ideas for various produce items.



# How long should I keep food in the fridge?\*



**Cooked leftovers: 4 days**



**Fresh in shell eggs: 3-5 weeks**



**Raw poultry and ground meat: 1 to 2 days**



**Cooked egg dishes: 3-4 days**



**Raw meat: 3-5 days**



**Raw fresh fish and shellfish: 1-2 days**

\*If food appears moldy, discolored, or has a foul smell, throw it out.

## Lentil Soup



**Servings per recipe: 6**

**Prep time: 10 minutes**

**Serving size: 1 cup**

**Cook time: 40 minutes**

**Cost: \$3.00 per recipe/ \$0.50 per serving**

### Ingredients

- 2 teaspoons olive oil
- 1 small onion, diced
- 1 large carrot, diced
- 4 cups water
- 1¼ cups dry brown lentils
- 1 teaspoon garlic powder
- ½ teaspoon oregano
- 1 (14.5 ounce) can diced tomatoes, no added salt
- 1 cup frozen chopped spinach
- 1 teaspoon salt
- Black pepper, to taste

### Directions

1. In a large soup pot, heat the oil over medium heat.
2. Add onions and carrots. Cook for about 3 minutes, or until onions are soft.
3. Add water, lentils, garlic powder, and oregano. Bring to a boil, then reduce heat and simmer for 25 minutes.
4. Add tomatoes, spinach, salt, and pepper. Simmer for 10 minutes. Serve hot.

### Money-Saving Tip:

Freeze some of the soup for a quick meal another night. Add any vegetables you have in your fridge before they go bad to prevent food waste and also add extra fiber to this meal.



## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 18g	<b>64%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 81mg	<b>6%</b>
Iron 4mg	<b>20%</b>
Potassium 684mg	<b>15%</b>
Vitamin A 253mcg	<b>30%</b>
Vitamin C 3mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.